

Hoisin Flounder



Ingredients

- 1 (3 1/2-ounce) bag boil-in-bag brown rice
- 2 tablespoons hoisin sauce
- 1 tablespoon water
- 2 teaspoons lower-sodium soy sauce
- 1 1/2 teaspoons minced fresh ginger
- 1 1/2 teaspoons dark sesame oil
- 1/2 teaspoon black pepper
- 3 tablespoons canola oil, divided
- 4 (6-ounce) flounder fillets
- 1/4 teaspoon kosher salt
- 1 cup diagonally sliced snow peas
- 2 green onions, thinly sliced
- 1 cup sliced shiitake mushroom caps

Preparation

- Prepare rice according to package.
- Combine hoisin and next 5 ingredients in a bowl. Reserve 4 teaspoons.
- Heat a nonstick skillet over medium-high heat. Add 1 tablespoon canola oil. Sprinkle fillets with salt. Add two fillets to pan; cook 4 minutes. Turn; brush each with 1 teaspoon hoisin mixture. Cook 2 minutes. Remove fish from pan. Repeat with 1 tablespoon canola oil, 2 fillets, and 2 teaspoons hoisin mixture.
- Heat a skillet over high heat. Add 1 tablespoon canola oil. Add peas and onions; sauté 1 minute. Add mushrooms; sauté 2 minutes. Place 1/2 cup rice onto each of 4 plates. Top each with 1 fillet and 1/2 cup vegetables; drizzle with 1 teaspoon hoisin mixture.